

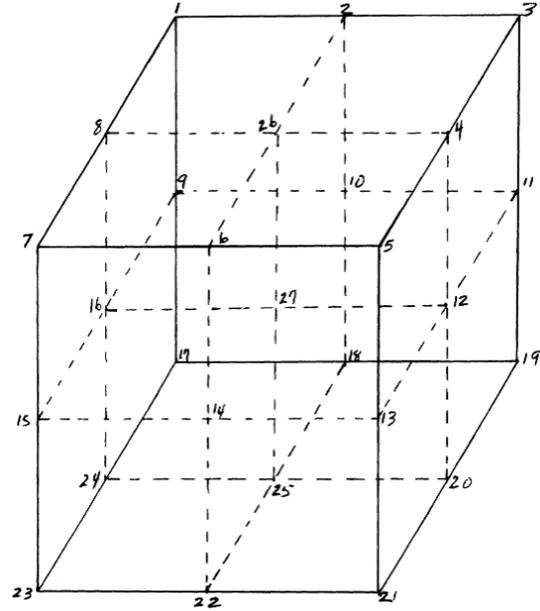


Cube Dances

Inspired by Trisha Brown, *Locus*

1936-2017

- In groups, build a cube out of 27 spice drops. Try to use different colors. Connect each point with a toothpick. Your cube will have 3 layers.
- On an index card, write down 16 different body parts—try to think outside of the box and be specific! (for example, left pinky, nose, right ear, etc)
- Without looking at your cube, assign a color to each body part (Green, White, Purple, Red, Orange, Yellow)
- **Now it is time to DANCE!** Imagine you are standing inside the cube you built. Practice reaching each assigned body part to the color in the cube. *It is like you are playing three-dimensional twister.*
- Find a flow between movements. How long do you hold each position? Is it fast or slow? Memorize your first 8 points in space first and then practice all 16 points in space.

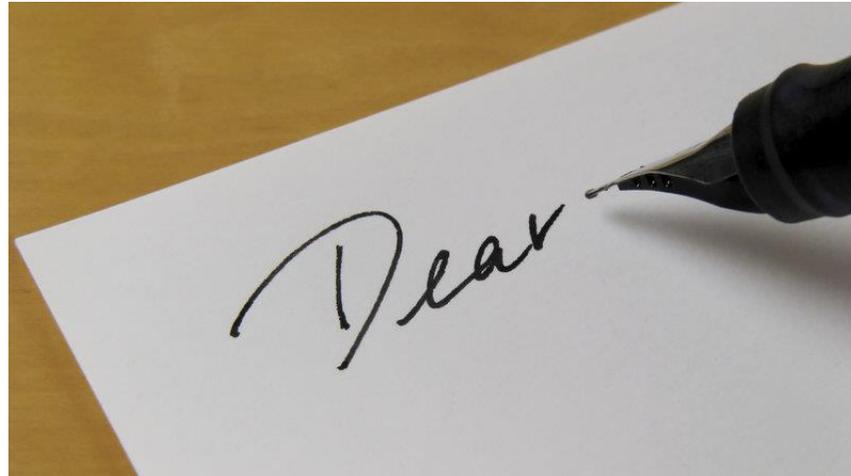


Go-Circle!

Inspired by acting classes at *The Paper Mill Playhouse* in New Jersey



- Students begin by standing in a circle
- Feet are hip distance apart and dancers are ready to move at any moment
- Designate one student to begin
- That student points at another student, making clear eye contact and then walk to that spot
- Next dancer must pass the “go” before they can move from their spot
- This process continues for 60 seconds and the teacher times how many passes the class is able to get in one minute
- *Do a couple of practice rounds before timing*
- *Students will need to practice this activity a couple of times to get use to the flow*
- *Keep track of how many “Go’s” each class gets—you will most likely see improvement over time!*



The Letter Project

Day 1: Writing the letter

- Write a handwritten letter of thanks or apology
- Letter must contain 3 paragraphs (Opening, 1 middle, Conclusion)
- Include a date on top and a signature at the end of the letter
- Only you and your teacher will have access to this letter, unless you choose to share
- Take your time and write from your heart!

Day 2 and Beyond: Writing is like making a dance!

- Circle words that are important in your letter—At least 16 words
- These are the words that will be inspiration for movement
- Assign movement to each of your circled words
- How can you connect these movements (words) in phrases (sentences?)
- When you practice your whole dance in sequence, it should be about 2 minutes long—feel free to repeat important parts for extra emphasis of your theme
- Dances will be shared in class (assessment). You may choose to share your dance alone, or at the same time as three other dancers.
- The whole class will be using the same song—**it is not about the music. It is about the movement!**